UCOOK

Moroccan Beef & Salsa

with potato chunks

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Ella Nasser

Nutritional Info	Per 100g	Per Portion
Energy	290kJ	1897kJ
Energy	69kcal	454kcal
Protein	7.3g	47.6g
Carbs	7g	47g
of which sugars	1g	9g
Fibre	1g	9g
Fat	1.1g	7.1g
of which saturated	0.3g	2g
Sodium	99mg	648mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse, peel (optional) & cut into bite-sized pieces*
20g	40g	Pitted Kalamata Olives *drain & halve*
1	1	Tomato *rinse & roughly dice*
1	2	Spring Onion/s *rinse, trim & finely slice*
100g	200g	Cucumber *rinse & roughly dice*
3g	5g	Fresh Oregano *rinse & roughly chop*
150g	300g	Beef Strips
5ml	10ml	NOMU Moroccan Rub
50ml	100ml	Tzatziki

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Cooking Spray (or oil of your choice)

1. HOT POTATO Preheat the oven to 200°C. Spread the potato on a roasting tray. Lightly coat in cooking spray or a drizzle of oil (optional), and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. FRESH SALSA In a bowl, combine the olives, the tomato, the onion (to taste), the cucumber and ½ the oregano. Season and set aside.

3. BROWN THE BEEF Place a pan over high heat. Pat the beef strips dry with paper towel and lightly coat with cooking spray or oil (optional) and NOMU rub. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

4. WELL DONE Plate up the roasted potato, the beef, and the tomato salsa. Side with the tzatziki, and scatter over the remaining oregano. A masterpiece, Chef!